

**PROGRAM STUDI PROFESI NERS FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Karya Ilmiah Berbasis Evidence Based Practice, Februari 2026

Khairun Niswah

**ASUHAN KEPERAWATAN PENERAPAN INTERVENSI *PROGRESSIVE
MUSCLE RELAXATION* (PMR) TERHADAP PENURUNAN TINGKAT
KECEMASAN PASIEN KANKER SERVIKS YANG MENJALANI
KEMOTERAPI DI RUANGAN TULIP RSUD ARIFIN ACHMAD
PROVINSI RIAU**

xxxxiv + 44 halaman + 5 tabel + 5 lampiran

ABSTRAK

Kanker serviks merupakan masalah kesehatan global yang berdampak tidak hanya secara fisik tetapi juga psikologis, khususnya pada pasien yang menjalani kemoterapi. Kecemasan sering muncul akibat ketidakpastian prognosis, prosedur pengobatan, dan efek samping terapi. Tujuan menerapkan pendekatan Praktik Keperawatan Berbasis Bukti melalui intervensi Relaksasi Otot Progresif (PMR) untuk menurunkan tingkat kecemasan pada pasien kanker serviks. Desain studi kasus dilakukan pada dua pasien di Bangsal Tulip RSUD Arifin Achmad. Intervensi diberikan selama tiga hari berturut-turut, masing-masing 30 menit sebelum kemoterapi. Tingkat kecemasan diukur menggunakan Zung Self-Rating Anxiety Scale (ZSAS) sebelum dan sesudah intervensi, kemudian dianalisis secara deskriptif berdasarkan perubahan skor dan kategori kecemasan. Hasil menunjukkan adanya penurunan kecemasan yang bermakna secara klinis. Skor Ny. E menurun dari 62 (kecemasan berat) menjadi 43 (ringan), sedangkan Ny. C dari 58 (sedang) menjadi 44 (ringan). Secara subjektif pasien merasa lebih tenang dan siap menjalani kemoterapi. Secara objektif tampak lebih rileks dengan pernapasan teratur dan tanda vital stabil. PMR terbukti efektif, aman, dan mudah diterapkan sebagai intervensi nonfarmakologis dalam asuhan keperawatan onkologi.

Kata kunci: Kanker serviks; Kecemasan; Kemoterapi; Relaksasi Otot Progresif (PMR); Praktik Keperawatan Berbasis Bukti.

Referensi : 29 (2020-2025)

**NURSING PROFESSION STUDY PROGRAM, FACULTY OF NURSING,
PAYUNG NEGERI PEKANBARU INSTITUT OF HEALTH SCIENCE
Evidence Based Practice, February 2026**

Khairun Niswah

**NURSING CARE ON THE IMPLEMENTATION OF *PROGRESSIVE
MUSCLE RELAXATION* (PMR) INTERVENTION TOWARDS REDUCING
ANXIETY LEVELS IN CERVICAL CANCER PATIENTS UNDERGOING
CHEMOTHERAPY IN THE TULIP ROOM, ARIFIN ACHMAD
REGIONAL HOSPITAL, RIAU PROVINCE**

xxxxiv + 44 pages + 5 tables + 5 Attachment

ABSTRACT

Cervical cancer is a global health problem that impacts not only physically but also psychologically, especially in patients undergoing chemotherapy. Anxiety often arises due to uncertainty about prognosis, treatment procedures, and side effects of therapy. The purpose of implementing an Evidence-Based Nursing Practice approach through a *Progressive Muscle Relaxation* (PMR) intervention to reduce anxiety levels in cervical cancer patients. A case study design was conducted on two patients in the Tulip Ward of Arifin Achmad Hospital. The intervention was given for three consecutive days, each 30 minutes before chemotherapy. Anxiety levels were measured using the Zung Self-Rating Anxiety Scale (ZSAS) before and after the intervention, then analyzed descriptively based on changes in anxiety scores and categories. The results showed a clinically significant decrease in anxiety. Mrs. E's score decreased from 62 (severe anxiety) to 43 (mild), while Mrs. C's from 58 (moderate) to 44 (mild). Subjectively, the patient felt calmer and ready to undergo chemotherapy. Objectively, she appeared more relaxed with regular breathing and stable vital signs. PMR has been proven to be effective, safe, and easy to implement as a non-pharmacological intervention in oncology nursing care.

Keywords: Cervical cancer; Anxiety; Chemotherapy; *Progressive Muscle Relaxation* (PMR); Evidence-Based Nursing Practice.

References: 29 (2020-2025)